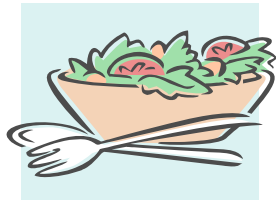


JUNE 2006 SENIOR SALAD MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p style="text-align: center;"><u>A Message from your FMAAA Dietitian:</u></p> <p>Carrots are included in our senior menus in a variety of ways. You will find them in vegetable medleys, served sliced by their selves, grated in salads and in soups and stews. Why so many carrots? Carrots are an excellent source of Vitamin A. It is a requirement that our menus provide a significant source of Vitamin A at least three times per week. Vitamin A is especially helpful for vision and skin health and for a healthy immune system.</p>			1	2
				
5 Pasta & Chicken Salad Apple Juice Wheat Bread Diced Pears	6 Chef Salad Dinner Roll Honeydew Melon	7 Roasted Vegetable Salad Wheat Bread Tropical Fruit	8 Chef Salad Orange Juice Dinner Roll Strawberry Waffle Graham Cracker	9 Tuna Salad Apple Juice Dinner Roll Apricots
12 Pasta & Chicken Salad Apple Juice Dinner Roll Pudding	13 Chef Salad Dinner Roll Tropical Fruit	14 Roasted Vegetable Salad Orange Juice Biscuit San Joaquin Salad Dessert	15 Chef Salad Wheat Bread Cantaloupe	16 Cottage Cheese Salad Apple Juice Wheat Bread Pineapple Tidbits
19 Pasta & Chicken Salad Orange Juice Dinner Roll Cookies	20 Chef Salad Dinner Roll Honeydew Melon	21 Roasted Vegetable Salad Orange Juice Wheat Bread Fresh Grapes	22 Chef Salad Wheat Bread Cantaloupe	23 Tuna Salad Apple Juice Corn Muffin Banana
26 Pasta & Chicken Salad Apple Juice Dinner Roll Diced Peaches	27 Chef Salad Apple Juice Wheat Bread Diced Pears	28 Tuna Salad Biscuit Whole Orange	29 Cottage Cheese Salad Orange Juice Wheat Bread Pudding	30 Roasted Vegetable Salad Dinner Roll Cantaloupe

Funding through: Fresno-Madera Area Agency on Aging

All meals include 1% Fat Milk

Suggested Donation: \$1.50